



Neely's Chickpea, Ham and Swiss Chard Soup

 **Gluten Free**

READY IN



75 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon chopped
- 16 ounce black-eyed peas drained and rinsed canned
- 15 ounce canned tomatoes diced canned
- 1 large carrots diced
- 4 garlic cloves chopped
- 6 ounce ham steak smoked diced
- 4 servings hot sauce as needed
- 1 quart chicken broth low-sodium

- 1 medium onion chopped
- 4 servings parmesan grated for garnish
- 0.5 teaspoon pepper flakes red
- 4 servings salt and freshly cracked pepper black
- 1 small bunch swiss chard stemmed sliced into thin ribbons
- 4 servings worcestershire sauce as needed

Equipment

- bowl
- paper towels
- ladle
- dutch oven

Directions

- Watch how to make this recipe.
- Add the bacon to a heavy-bottomed Dutch oven over medium heat. Fry until crisp, then transfer to a paper towel-lined plate and reserve. To the same Dutch oven, add the onion, garlic, and carrot, and saute until the vegetables are tender, roughly 4 minutes.
- Add the ham steak and red pepper flakes and adjust the seasonings with salt and black pepper, to taste.
- Add the Swiss chard and saute until it begins to soften.
- Stir in the chicken broth, chickpeas or black-eyed peas, and the canned tomatoes with their juices. Bring the soup to a boil, then reduce the heat to a simmer and let cook for 30 minutes. Taste for seasoning and add more salt and pepper, if necessary. Splash with some hot sauce and Worcestershire sauce. Ladle the soup into serving bowls and sprinkle each serving with Parmesan cheese and bacon.

Nutrition Facts

 **PROTEIN 30.93%**  **FAT 33.87%**  **CARBS 35.2%**

Properties

Glycemic Index:60.46, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:42.986956700035%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 480.29kcal (24.01%), Fat: 18.7g (28.76%), Saturated Fat: 8.4g (52.5%), Carbohydrates: 43.72g (14.57%), Net Carbohydrates: 32g (11.64%), Sugar: 11.96g (13.29%), Cholesterol: 50.43mg (16.81%), Sodium: 1732.62mg (75.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.41g (76.82%), Vitamin K: 633.39µg (603.22%), Vitamin A: 8155.96IU (163.12%), Folate: 272.88µg (68.22%), Phosphorus: 679.15mg (67.91%), Vitamin C: 50.71mg (61.47%), Manganese: 1.15mg (57.37%), Vitamin B1: 0.77mg (51.21%), Calcium: 488.52mg (48.85%), Fiber: 11.71g (46.85%), Magnesium: 173.91mg (43.48%), Vitamin B3: 8.57mg (42.86%), Copper: 0.84mg (41.82%), Potassium: 1435.77mg (41.02%), Iron: 7.08mg (39.31%), Vitamin B6: 0.7mg (34.99%), Selenium: 21.44µg (30.63%), Zinc: 4.27mg (28.49%), Vitamin B2: 0.48mg (28.18%), Vitamin E: 3.42mg (22.83%), Vitamin B12: 1.01µg (16.92%), Vitamin B5: 1.48mg (14.85%), Vitamin D: 0.22µg (1.44%)